

Welcome to the **Four Pillars of Wellbeing Workshop**

Hosted by **Karl Bennet**, Vivup Wellbeing Director and EAPA Chairman

With guests:

Simon Moyle, Vivup CEO and Investors in People UK Leader of the Year

Hilary Todd, Associate Director Occupational Health and Wellbeing, NHS

Cadence Woodland, Head of Communications, Wilson James Limited



Workplace Wellbeing

Employee wellbeing can lead to increased resilience, better employee engagement, reduced sickness absence and higher performance and productivity.

CIPD



Stages of Crisis

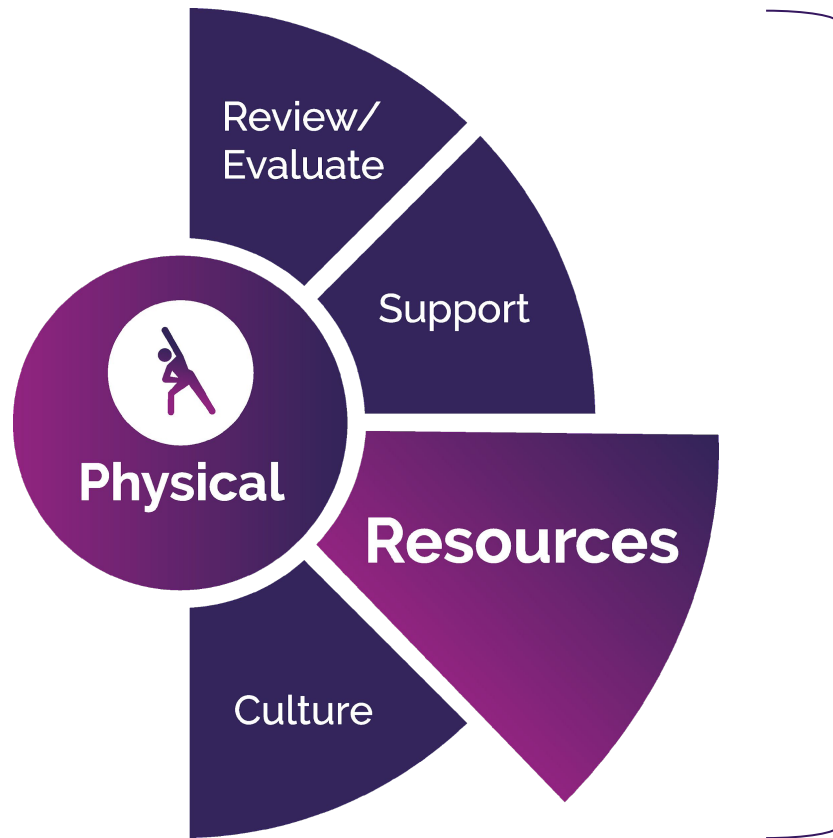


Emotional Wellbeing

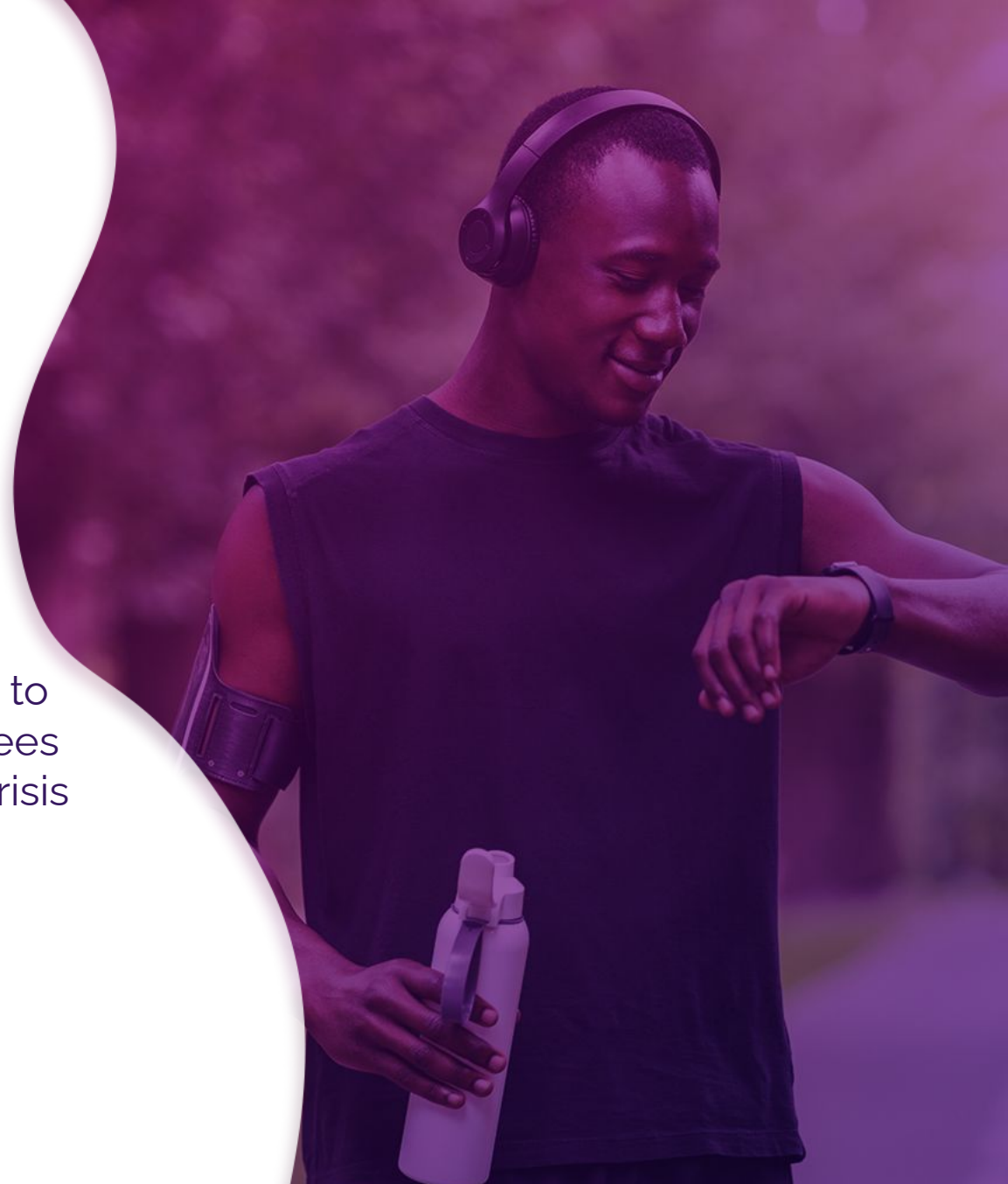


All opportunities to support employees before they hit crisis

Physical Wellbeing



All opportunities to support employees before they hit crisis



Financial Wellbeing



All opportunities to support employees before they hit crisis



Community Wellbeing



All opportunities to support employees before they hit crisis



Question Time

Thank you for your time today!

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